

Year of Joy at Work(shop) Agenda

OVERALL DESCRIPTION

This workshop is a personal audit of your most joyful life experiences and the development of a plan/calendar to bring more of those into your work, work relationships, your team and your company. We'll also discuss the obstacles that will emerge throughout the year and strategies for working through them. This is a guided experience but you ultimately choose where you want to go. Our job is to help you imagine and push out the boundaries – to help you imagine your professional year of joy!

SESSION 1 FOCUS: Self-reflection

Lunch hour

Connect to what brings you joy in your life then zoom in on how to apply this to work. Create a set of goals related to joy at work. Create a connection to where you work by identifying one of the company's values that you'd like to personally invest some time in.

Homework: Complete our "Values Focus" document by selecting a company value and brainstorming ideas on how you could focus on it.

SESSION 2 FOCUS: Create Your Vision

Lunch hour

Discuss the value you selected and what it means to you. Create a digital document that highlights the goals in a calendar view and adds in visual elements that are a reminder about why these goals are important to you and how achieving them will be your professional contribution this year. Review strategies for overcoming obstacles that can come up.

Takeaway: Use our "Mentor Conversation Guide" document to prepare to discuss goals and progress throughout the year.